

SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	In-person Fitness Classes
<p>4</p> <p>Labor Day Holiday No Classes today</p>	<p>5</p> <p>10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i></p>	<p>6</p> <p>10:00 p.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i></p> <p>11:00 a.m. – 12:00 p.m. Fit & Flow</p> <p>12:30 -1:30 p.m. Alzheimer’s Assoc. “Living with Alzheimer’s”</p>	<p>7</p> <p>10:00 a.m. – 11:00 a.m. Stretch & Strengthen</p> <p>11:00 a.m. – Noon “Let’s Talk” – Support Group</p> <p>1:00 p.m. – 2:00 p.m. Bingo</p>	<p>Join us virtually online at Zoom.us Enter ID listed below on day and time of meeting.</p> <p>Zoom Meeting IDs</p> <p>Fit & Flow (Tues.), Stretch & Strengthen (Thurs.) at 10:00 a.m.</p> <p>Fit & Flow (Tues.) at 11:00 a.m. 954 6088 1782</p> <p>Bingo (Thurs.) at 1:00 p.m. 936 4194 7684</p> <p>Physician Webinars and Educational Programs 929 0506 7674</p>
<p>11</p> <p>10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i></p>	<p>12</p> <p>10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i></p>	<p>13</p> <p>10:00 p.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i></p> <p>11:00 a.m. – 12:00 p.m. Fit & Flow</p>	<p>14</p> <p>10:00 a.m. – 11:00 a.m. Stretch & Strengthen</p> <p>11:00 a.m. – Noon “Let’s Talk” – Support Group</p> <p>1:00 p.m. – 2:00 p.m. Bingo</p>	
<p>18</p> <p>10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i></p>	<p>19</p> <p>10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i></p>	<p>20</p> <p>10:00 p.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i></p> <p>11:00 a.m. – 12:00 p.m. Fit & Flow</p>	<p>21</p> <p>10:00 a.m. – 11:00 a.m. Stretch & Strengthen</p> <p>11:00 a.m. – Noon “Let’s Talk” – Support Group</p> <p>1:00 p.m. – 2:00 p.m. Bingo</p>	
<p>25</p> <p>10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i></p>	<p>26</p> <p>10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i></p>	<p>27</p> <p>10:00 p.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i></p> <p>11:00 a.m. – 12:00 p.m. Fit & Flow</p>	<p>28</p> <p>10:00 a.m. – 11:00 a.m. Stretch & Strengthen</p> <p>11:00 a.m. – Noon “Let’s Talk” – Support Group</p> <p>1:00 p.m. – 2:00 p.m. Bingo</p>	
<p>OCT 2</p> <p>10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i></p>	<p>OCT 3</p> <p>10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i></p>	<p>OCT 4</p> <p>10:00 p.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i></p> <p>11:00 a.m. – 12:00 p.m. Fit & Flow</p>	<p>OCT 5</p> <p>10:00 a.m. – 11:00 a.m. Stretch & Strengthen</p> <p>11:00 a.m. – Noon “Let’s Talk” - Support Group</p> <p>1:00 p.m. – 2:00 p.m. Bingo</p>	